

Supplementary Table 1. Educational stressors and relational stressors

Educational stressors

- Feeling burdened with absolute amount of study
- Being worried about incompleteness of program (drop-out)
- Being worried about failure of this semester
- Being disturbed by frequency of examinations
- Being worried about academic performance
- Satisfied with present academic performance (inversely coded)
- Being stressed out from competing with peers
- Feeling lack in time for recreation/entertainment
- Adjusting self-directed learning and studying (inversely coded)
- Feeling too vast of academic curriculum
- Feeling dissatisfied with lectures

Relational stressors

- Good with faculty (inversely coded)
 - Good with peers or classmates (inversely coded)
 - Good with seniors or juniors of different years (inversely coded)
 - Experiencing bullying or alienation by peers
 - Feeling discriminated or unfairly treated by faculty
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